

Paths to Health NM: Tools for Healthier Living



Referral Form

Fax Referral Form to:
(505) 449-4472



PARTICIPANT INFORMATION

Name	
Class/Curriculum	
Date of Birth / /	Gender <input type="radio"/> Male <input type="radio"/> Female

*I understand that a **Paths to Health NM** representative may inform my healthcare provider about my participation in one of its programs.*

Patient Signature	Date / /		
Address			
City	State	Zip	
Best phone number to reach you			
Best time of day to contact you			
May we leave a message?	<input type="radio"/> Yes	<input type="radio"/> No	
Language	<input type="radio"/> English	<input type="radio"/> Spanish	<input type="radio"/> Other (specify) _____

HEALTHCARE PROVIDER INFORMATION

Name	Email
Clinic	
Phone	Fax

Diabetes & COVID-19 Sick-Day Plan

Prescriptions & monitoring blood sugar

- Check blood glucose levels before every meal and before you go to bed
- Continue long and intermediate acting insulin as recommended by your medical provider, seek input from your provider if blood glucose is greater than or less than your target range
- Follow your physician's guidance in adjusting postprandial insulin according to glucose levels

Date I need a family member or friend to pick up prescriptions and testing strips: _____

Nutrition, hydration, & exercise

- Drink 2-4 ounces of water or a sugar free beverage every 15 minutes
- Monitor your hydration, you should pass urine every 3-4 hours and it should be a light yellow color
- Eat small and frequent meals containing carbohydrates and protein
- Keep enough groceries for the duration of self-quarantining, call a friend or family member to help you get these supplies if necessary
- Engage in regular physical activity at home to prevent hyperglycemia and loss of muscle. Some exercises you can do at home are yoga, lifting light weights, stretching, and walking around inside the house

Contact for family member or friend that will help me get groceries and prescriptions: Name _____ Number _____

The recovery process can be stressful. If you feel overwhelmed, call
the Disaster Distress Helpline at 1-800-985-5990
In the case of an emergency, call 911

Diabetes & COVID-19

Sick-Day Plan

15 gram carb snacks

- 6 saltine crackers
- 1 small fresh fruit
- 1/2 of a banana
- 1/2 cup of applesauce
- 1 slice of whole wheat bread
- 1 small (6-inch) tortilla
- 1/2 cup of cooked oatmeal
- 1/2 cup of orange juice

When to contact your diabetes care team

- If you cannot monitor your blood glucose at home and you are experiencing symptoms of
 - **hyperglycemia** - feeling very thirsty, need to urinate more often than normal, or feeling very tired **OR**
 - **hypoglycemia** - confusion, shakiness, or your heart is beating fast without exercising,
- You have ketones in your urine for 4-6 hours
- You are throwing up and cannot eat or drink anything
- Your blood glucose is continuously more than 300 mg/dl
- You are unable to breathe or have chest pain
- If you have a fever

Important phone numbers

Call 911 if there is an emergency

Provider Name: _____ Number _____

Hours: _____

Pharmacy Name: _____ Number _____

Hours: _____

Emergency Contact: _____ Number _____